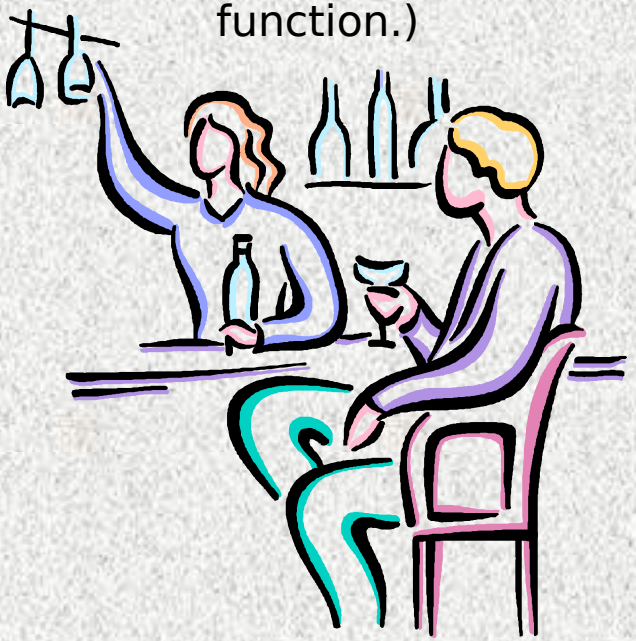
RESPONSIBLE DRINKING

(Select Slide Show on the PowerPoint toolbar and then select Start Slide Show From the Beginning. Otherwise the links will not function.)



Objectives

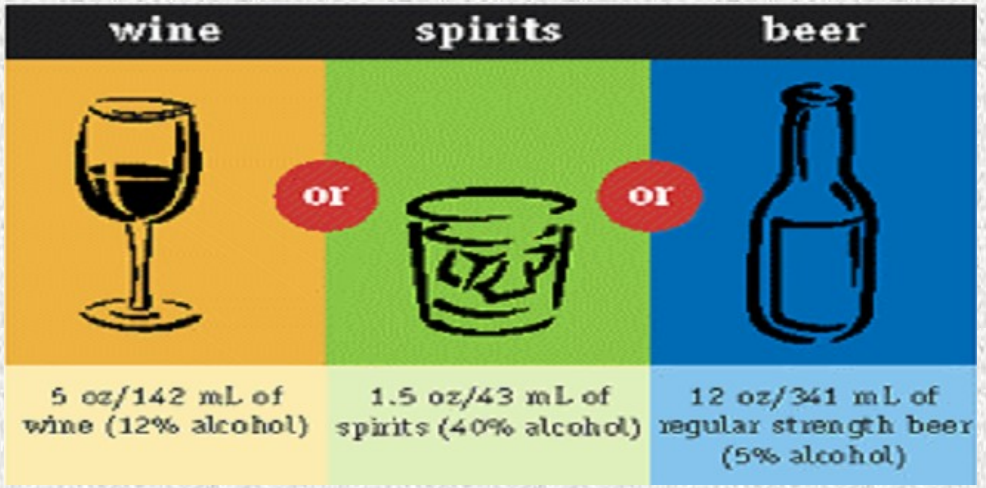
- Define responsible drinking
- List consequences of irresponsible drinking
- Discuss facts about underage drinking
- Discuss drinking responsibly tips

Media Messages

- **Messages:**
  - **Binge drinking is out of control on college campuses**
  - **Having a drink once a day promotes good health**
  - **Don’t Drink and Drive**
  - **Drink in moderation**
  - **Drink responsibly**
  - **If you want to have fun, date, or watch sports then you have to drink**

Definitions

- **One drink: defined as 5 oz of wine (12 percent alcohol), 1.5 oz of 80-proof distilled spirits, or 12 oz of regular beer**



- **5 oz of 12% wine = 5 X .12 = 0.6 oz of pure alcohol**
- **1.5 oz of 80 Proof = 1.5 X .40 = 0.6 oz of pure alcohol**

  Note: 80 proof = 40% alcohol
- **12 oz X 5% beer = 12 x .05 = 0.6 oz of pure alcohol**

Definitions

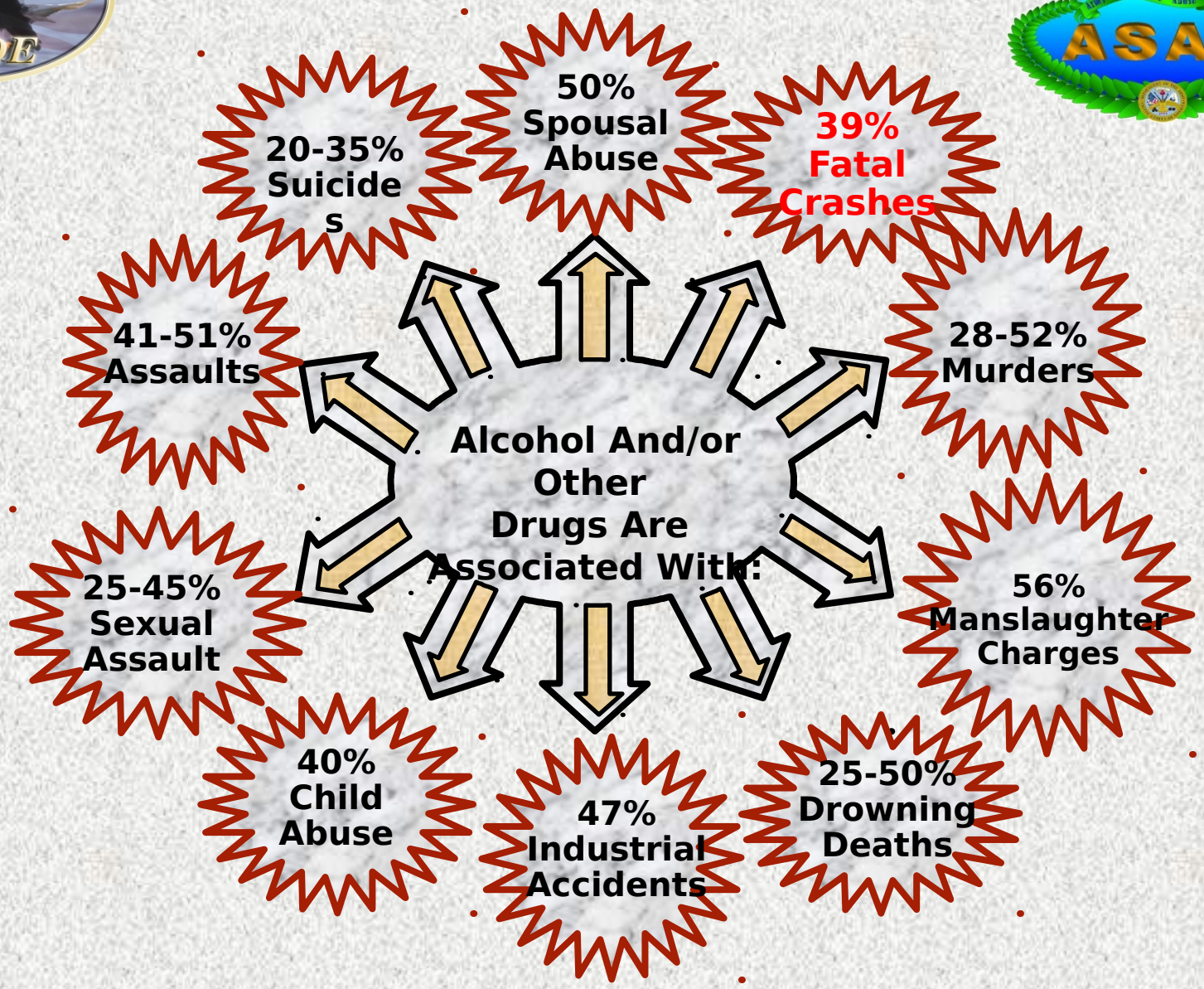
- **Binge Drinking: having five or more drinks on a single occasion at least once in the past 30 days**
- **Moderate Drinking: (multiple definitions)**
  - **One drink per typical drinking occasion at least once a week, *or* 2-4 drinks per typical drinking occasion 2-3 times per month**
  - **The consumption of up to 1 drink per day for women and up to 2 drinks per day for men**
- **Responsible Drinking: What is responsible drinking?**

29 3:47 AM

Irresponsible Drinking

Results of Irresponsible Drinking

- DWI
- Vomiting
- Hangover
- Unexpected guest for breakfast
- Unprotected sex
- Unwanted sex
- Possible STD
- Fighting
- Loss of control – doing stupid things
- Reduced work quality and performance
- Financial problems
- Injury
- Problems with friends and family
- Health related problems
- Spouse/child abuse
- Passing out
- Black outs
- Death



National Statistics, Center for Substance

Responsible Drinking

- **Responsible drinking habits vary from person to person; biology, sociology, and genealogy all play a role in what is considered responsible drinking.**
- **Due to medical conditions or dependence issues some individuals must abstain from alcohol to be considered a responsible drinker.**
- **Responsible Drinking: Drinking in a way that it does not adversely affect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life.**

Drinking Tips

- **Eat before and during drinking.**
- **Before you Celebrate… Designate. Identify a responsible driver or use public transportation.**
- **Don’t chug your drinks; drink slowly and make your drinks last.**
- **Alternate between alcoholic and nonalcoholic drinks.**
- **Remember the word HALT, don’t drink if you’re Hungry, Angry, Lonely, or Tired.**

Drinking Tips

- **Do not lose control of yourself.**
- **Remember, it’s ALWAYS OK NOT to drink.**
- **Avoid binge or other high risk drinking behaviors.**
- **Take a friend and watch each others back**
- **Don’t drink when taking medication**

Underage Drinking

Underage Drinking - The Controversy

- **Facts:**
  - **The drinking age in the Army depends on where you are stationed:**
    - **CONUS installation – 21 years old (Fort Bliss ?)**
    - **Europe – 17 years old**
    - **Korea – 21 Years old**
    - **Puerto Rico – 18 Years old**
  - **Most Soldiers that deploy to fight in a war or conflict cannot drink alcohol in the area of operation regardless of their age.**

Underage Drinking - The Controversy

- **Facts (Continued)**
  - **Soldiers who are deployed and get afforded R&R in country or a nearby country may be able to consume alcohol regardless of age.**
  - **USAR and NGB Soldiers under 21 cannot consume alcohol on or off activated status while in the US.**
  - **Under 21 firefighters cannot consume alcohol and they put their lives on the line nearly everyday.**

Underage Drinking

- **The real deal**
  - **The law is the law. It doesn't matter whether or not a person agrees with it; the law must still be abided by all.**
    - **We are a Nation of Laws**
    - **Where would we be without rules and regulations**

Summary

- **Party Responsibly. Have a good time and blow off steam, but don't make drinking your priority. You should be there to have a good time not there just to get drunk.**
- **Plan Ahead. Make sure you've arranged for a sober ride home BEFORE going out.**
- **Pace Yourself. Limit yourself to one drink per hour or alternate between alcoholic and non-alcoholic drinks.**
- **0-0-1: zero underage drinking problems, zero DWIs, and no more than 1 drink an hour**
- **And, If you drink at all DON'T DRIVE**

Remember your …

Personal Courage

Respect

Integrity

Duty

Excellence